

Keep Vision in Your Future

GLAUCOMA TOOLKIT



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What the icons mean



Show the slide



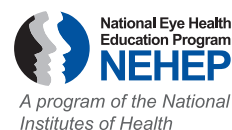
Show or point out



Do or say

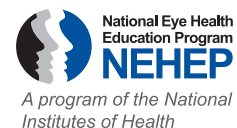


Optional information



Introduction

- Welcome to the speaker's guide for the *Keep Vision in Your Future: Glaucoma Toolkit!*
- During this presentation, you will present information about glaucoma.
- People at higher risk for glaucoma should learn how early detection and treatment of the disease can help prevent vision loss and blindness.
- This toolkit was created by the National Eye Health Education Program, also known as NEHEP. This program is part of the National Eye Institute, one of the National Institutes of Health.
- One of NEHEP's objectives is to educate higher risk populations about glaucoma.
- Thank you for your time and effort in presenting this program. You are the key to helping people in your community.



Toolkit Contents

The toolkit includes the following:

1. Speaker's guide
2. PowerPoint slides
3. Handouts
 - *Facts About Glaucoma*
 - *Parts of the Eye*
 - *Your Vision With Glaucoma*
 - *Tips for Talking to Your Doctor*
4. Optional handouts
 - *Event Announcement*
 - *Eye-Q Test*
 - *Medicare Benefit Card for Glaucoma*

About this guide

- This speaker's guide includes information to help you give the presentation. It also includes talking points and instructions to present each PowerPoint slide.

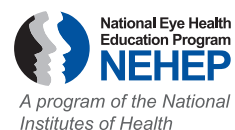
Speaker Tips

Tips for a successful presentation

- Listen carefully.
- Be patient.
- Be friendly.
- Be flexible.

Tips for good group dynamics

- Allow participants to ask questions and make comments.
- Some people might share incorrect information. If that is the case, do not correct the participant. Listen and then give the correct information.



What to do a few days before the presentation

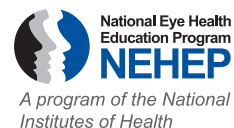
- Read this entire guide.
- Rehearse the presentation as if you were in front of an audience. This will help you gain more confidence in yourself.
- Explore the NEHEP Glaucoma Education Program Web page at www.nei.nih.gov/nehep/programs/glaucoma for other useful materials to prepare for the presentation or to distribute to the participants.
- Visit www.nei.nih.gov/health/findprofessional to find out where your participants can get a comprehensive dilated eye exam in the area.

What to do the day before the presentation

- Call the center sponsoring your talk to confirm your presentation.
- Call the participants to remind them about the presentation date, place, and time.
- Review this guide.
- Prepare the materials you will be using:
 - Handouts
 - Notepads and pens
 - Projector
 - PowerPoint presentation
 - Speaker's guide
 - Computer
- You can also print the slides and make copies for participants.


What to do the day of the presentation

- Follow the instructions and tips in this guide step by step.



How to Give the Presentation

Follow the instructions

- Present the slides one at a time.
- Read the bullet points in the speaking notes in this guide while you show the corresponding slide. Try not to read directly from the text on the slide itself.
- Point to the slide when you see this icon. 

Pay attention during the presentation

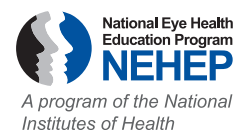
- Listen to comments and questions from participants.
- Answer questions the best way you can. If you do not know the answer, don't try to guess. Instead, refer participants to an eye care professional.

Evaluate the session

- Ask the participants the following questions at the end of the presentation:
 - Do you have additional questions?
 - Do you have any suggestions to improve this presentation?
- Take notes about the aspects you should improve.
- Consider asking participants to complete the *Eye-Q Test* before and after the presentation and review the answers to determine how participants' knowledge of glaucoma has changed.

Finish the session

- Thank participants for their attendance.
- Encourage participants to learn more about glaucoma at www.nei.nih.gov/glaucoma and to get a comprehensive dilated eye exam.
- Distribute the handouts.
- Remember to take your equipment and materials.



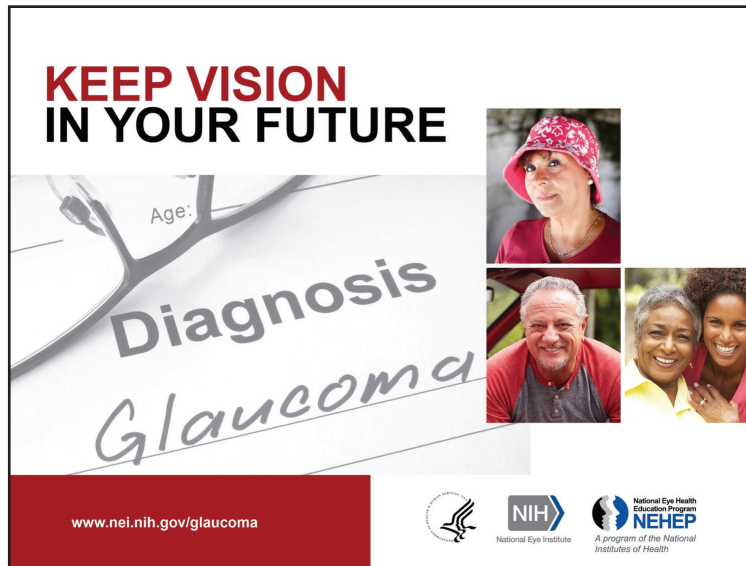
Speaker Slides and Text

List of slides for the presentation

- This section includes all of the slides and the talking points that should be highlighted during the presentation.
- The presentation includes the following:

Slide 1:	Introduction
Slide 2:	Objectives
Slide 3:	What is glaucoma?
Slide 4:	What are the effects of glaucoma?
Slides 5–7:	What causes glaucoma?
Slide 8:	How common is glaucoma?
Slide 9:	Who can get glaucoma?
Slide 10:	Who is at higher risk for glaucoma?
Slide 11:	What other factors can cause glaucoma?
Slide 12:	What are the symptoms of glaucoma?
Slide 13:	How does your vision change with advanced glaucoma?
Slide 14:	How is glaucoma detected?
Slide 15:	The dilated pupil
Slide 16:	What does glaucoma look like during a dilated eye exam?
Slide 17:	How is glaucoma treated?
Slide 18:	What can you do to protect your vision?
Slide 19:	What should you remember?
Slide 20:	What are your next steps?
Slide 21:	How can you help your family and friends?
Slide 22:	Questions?
Slide 23:	Where can you get more information?

Slide 1



Text for the speaker

Thank you for coming to this presentation: *Keep Vision in Your Future*.

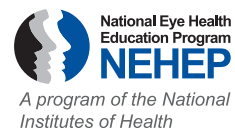
My name is: _____, and I work with: _____.

- This is a presentation meant to teach people about how glaucoma can cause vision loss and blindness.
- This presentation was created by the National Eye Health Education Program and is being hosted by [name of the organization sponsoring the presentation].
- I would like to remind you that I am not an eye care professional. An eye care professional is the only person who can diagnose glaucoma and answer specific medical questions.



Instructions for the speaker

- Ask participants to do the following:
 - Share their name.
 - Say one thing they would like to learn from this presentation.



Slide 2

Objectives

After this presentation, you will be able to explain:

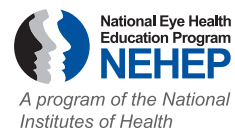
- What glaucoma is
- How glaucoma affects vision
- The importance of early detection and treatment
- The exam that detects glaucoma



Text for the speaker

After this presentation, you will be able to do the following:

- Describe what glaucoma is.
- Describe how glaucoma affects your vision.
- Explain the importance of early detection and treatment.
- Talk about how glaucoma can be detected.



Slide 3

What is glaucoma?

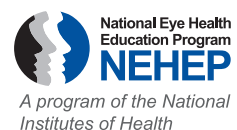
- Glaucoma is a group of eye diseases that can damage the optic nerve.
- There are different forms of glaucoma.
- The most common form is primary open-angle glaucoma.



Text for the speaker

We will begin by learning what glaucoma is.

- Glaucoma is a group of eye diseases that can damage the optic nerve.
- There are different forms of glaucoma.
- The most common form is primary open-angle glaucoma.



Slide 4

What are the effects of glaucoma?

Glaucoma can:

- Reduce side vision.
- Cause permanent vision loss or blindness.
- Affect one or both eyes.

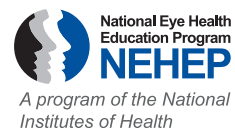
I am 60, and I take care of my eyes so I can be independent.



Text for the speaker

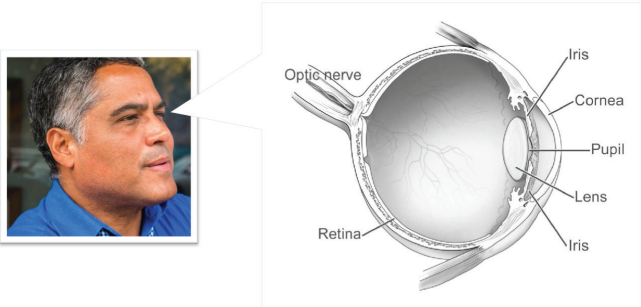
We will now learn how glaucoma can affect vision.

- Glaucoma can:
 - Affect your peripheral or side vision.
 - Cause gradual and permanent vision loss or blindness.
 - Affect one or both eyes. Glaucoma in one eye is usually a result of a previous eye injury.



Slide 5

What causes glaucoma?



Optic nerve
Iris
Cornea
Pupil
Lens
Iris
Retina

Department of Health & Human Services
NIH
National Eye Institute
National Eye Health Education Program
NEHEP
A program of the National Institutes of Health



Text for the speaker

In order to better understand what causes glaucoma, it is important to learn the parts of the eye and its functions.

- Here is an image of the inside of the eye.



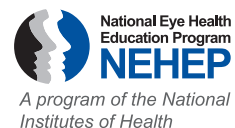
Instructions for the speaker

- Distribute the following handout: *Parts of the Eye*.

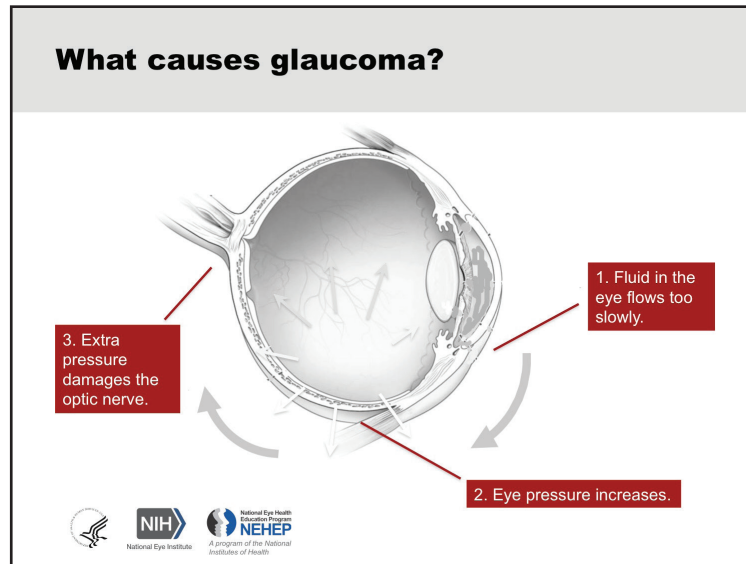


Point to the slide while you read the following text:

- The main parts of the eye are:
 - Cornea: The cornea is the clear outer part of the eye. It protects the eye and helps to focus the light.
 - Iris: The iris is the colored part of the eye that adjusts the size of the pupil. The iris regulates the amount of light entering the eye.
 - Pupil: The pupil is the opening at the center of the iris. The pupil shrinks or enlarges depending on the amount of light that enters the eye.
 - Lens: The lens is the clear part of the eye behind the iris. The lens helps to focus light, or an image, on the retina.
 - Retina: The retina is the tissue at the back of the eye. The retina is light-sensitive and it converts the light into electrical impulses. These impulses are then sent to the brain through the optic nerve.
 - Optic nerve: The optic nerve is the largest sensory nerve of the eye. This nerve carries impulses for sight from the retina to the brain.



Slide 6



Text for the speaker

This is what happens inside of the eye when you have glaucoma.



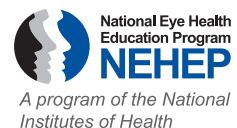
Point to the slide while you read the following text:

- When you have glaucoma, liquid begins to flow slowly in the front part of the eye.
- This creates pressure inside your eye and affects the optic nerve. This pressure can damage the optic nerve and cause glaucoma and vision loss.
- A person may have high eye pressure, but not have damage to the optic nerve, or glaucoma. However, he or she is at risk of developing it.
- Only an eye care professional can tell you if you have damage to the optic nerve and can detect glaucoma.

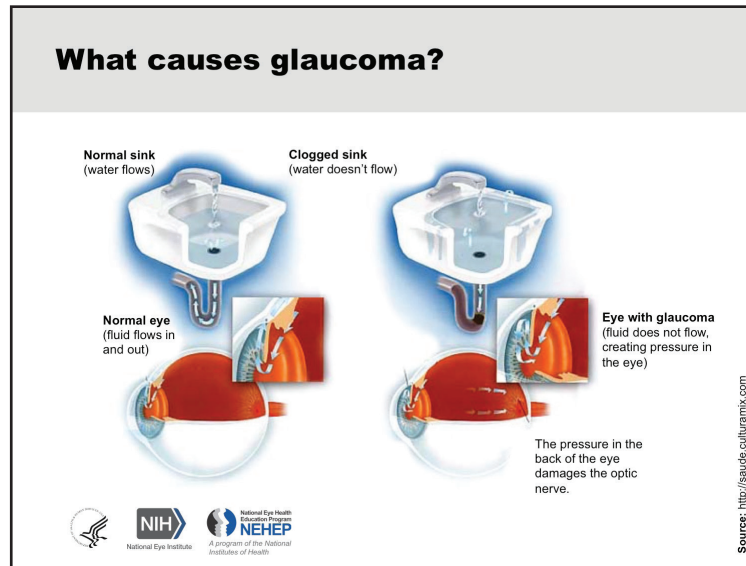


Optional Information

- Keep in mind that we are talking about pressure inside the eye. This is different from blood pressure.
- Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood.



Slide 7



Text for the speaker

We can compare what happens inside the eye when you have glaucoma to a clogged kitchen drain.



Point to the slide while you read the following text:

- When there is a clogged drain, water in the sink can't flow and it forms pressure on the pipe.
- This is very similar to what happens inside the eye when a person has glaucoma.

Slide 8

How common is glaucoma?

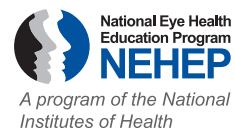
Almost 3 million people in the U.S. have glaucoma, and half of them don't even know it.



Text for the speaker

Glaucoma is more common than some people might think.

- Glaucoma affects almost 3 million people in the United States.
- Half of the people with glaucoma don't even know they have this disease, since it often has no symptoms in its early stages.



Slide 9

Who can get glaucoma?

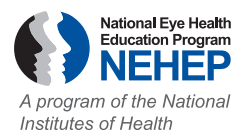
Anyone can get glaucoma.



Text for the speaker

Now we are going to learn who is at higher risk for glaucoma.

- Anyone can have glaucoma, but there are people who are at higher risk for the disease.



Slide 10

Who is at higher risk for glaucoma?

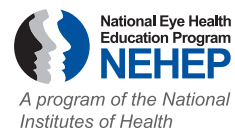
- African Americans age 40 and older
- Adults age 60 and older, especially Hispanics/Latinos
- Those with a family history of glaucoma



Text for the speaker

As you age, the risk for developing glaucoma increases.

- African Americans are at higher risk at age 40 and older.
- People age 60 and older are at higher risk for glaucoma, especially Hispanics/Latinos.
- If you have family members who have had glaucoma, you are also at higher risk for developing this disease.
 - Does anyone have any family members with glaucoma?
 - Ask your family members if anyone in the family has had glaucoma.
 - Then, tell your eye care professional that you have family members who have had glaucoma.



Slide 11

What other factors can cause glaucoma?

- Diabetes
- Hypertension
- Previous eye injury

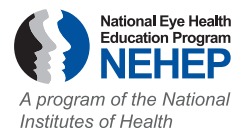


Text for the speaker

There are a few other factors that put you at higher risk for glaucoma. These include:

- Diabetes
- Hypertension or high blood pressure
- Previous eye injury, such as from the workplace or during recreational activities

Do you know anyone with diabetes, high blood pressure, or a previous eye injury?



Slide 12

What are the symptoms of glaucoma?

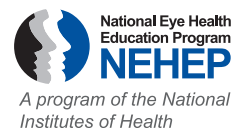
- At first, glaucoma has no symptoms.
- As the condition progresses, side vision may be lost.



Text for the speaker

Do you know anyone with glaucoma? What were their symptoms?

- At first, glaucoma has no symptoms.
- But as the condition gets worse, people start to notice changes in their side vision.



Slide 13

How does your vision change with advanced glaucoma?



Normal vision



Vision with advanced glaucoma



Text for the speaker

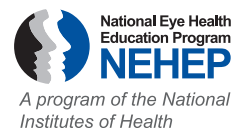
Now we will learn how you see when you have advanced glaucoma.

- The first picture shows how you see with normal vision.
- The second picture shows how you see with advanced glaucoma.
 - It is as if you were seeing through a tunnel.
 - As you notice, when you have glaucoma, you lose your peripheral or side vision first.
 - Left untreated, glaucoma can advance to complete vision loss.
- You cannot restore vision that has already been lost due to glaucoma.



Instructions for the speaker

- Distribute the following handout: *Your Vision With Glaucoma*.



Slide 14

How is glaucoma detected?



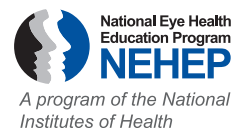
Glaucoma can be detected with a comprehensive dilated eye exam.
Screening for eye pressure is not enough.



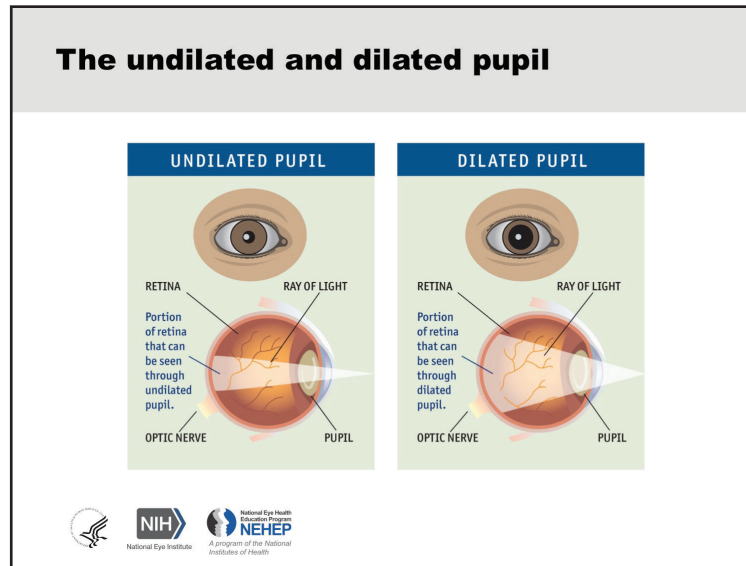
Text for the speaker

**We are now going to learn how glaucoma is detected.
Has anyone ever had a dilated eye exam?**

- An eye care professional can detect glaucoma during a comprehensive dilated eye exam.
- During this exam, the eye care professional uses eye drops to widen the pupils. This is called dilating the pupils.
- A basic eye exam for glasses or contacts won't detect glaucoma. Neither will a test that just measures eye pressure. Having the pupils dilated and examined is the only way an eye care professional can see if there is damage to the optic nerve, which would mean a person has glaucoma.



Slide 15



Text for the speaker

These images show the eye before and after pupil dilation.

- Pupil dilation allows more light to enter the eye—very similar to when you open the window of a dark room.
- The eye care professional uses a special lens to see the optic nerve and other parts of the eye.
- The eye care professional will also measure eye pressure during the exam.
- The eye care professional may also carry out other tests to measure:
 - Your vision at various distances.
 - Your side vision.

Slide 16



Text for the speaker

During a dilated eye exam, your eye care professional looks for signs of glaucoma by looking for changes in the optic nerve.

- Here is an image of the inside of the eye.



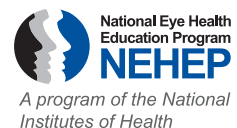
Instructions for the speaker

- This slide includes a link to an online animation of detecting glaucoma through a dilated eye exam.
- To access the animation, you will need to be connected to the Internet. If connected, click on the image in the slide to start the animation.
- If you cannot connect to the Internet, read the speaking notes below and encourage your audience to view the animation at www.nei.nih.gov/eyeexam at home after the presentation.



Point to the slide while you read the following text:

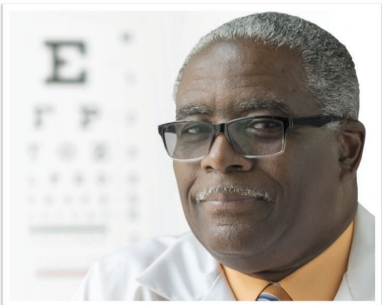
- The exam may show that the color and shape of the optic nerve has changed.
- The optic nerve may look pale and the edges may be more defined, making the optic nerve look more like a cup.






Slide 17

How is glaucoma treated?

- Medications
- Laser surgery
- Traditional surgery



   **NEHEP**
A program of the National Institutes of Health



Text for the speaker

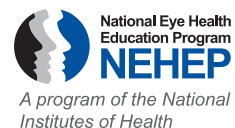
If your eye care professional tells you that you have glaucoma, you need to receive treatment to control your eye pressure.

- Controlling pressure inside your eye avoids damage to your optic nerve.
- There are treatments that can delay the progression of glaucoma. Among these treatments are:
 - Medications such as eye drops or pills
 - Laser surgery
 - Traditional surgery
- Treatment usually begins with medication.
- If needed, laser surgery is also an option.
- Traditional surgery is usually performed on patients whose eye pressure cannot be controlled with medication or laser surgery.



Instructions for the speaker

- Distribute the following handout: *Tips for Talking to Your Doctor.*



Slide 18

What can you do to protect your vision?

- Visit your eye care professional for a comprehensive dilated eye exam every 1 to 2 years.
- Follow your doctor's instructions for managing diabetes and hypertension.
- Wear protective eyewear in the workplace and during sports and recreational activities.



Text for the speaker

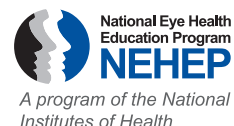
What can you do to protect your eyes?

- If you are at risk for glaucoma, visit an eye care professional.
- Ask for a comprehensive dilated eye exam to detect glaucoma.
- Make sure to have this exam done every year or every two years if you are at higher risk.
- To reduce risk factors related to other health conditions or circumstances:
 - Follow your doctor's instructions to manage diabetes and high blood pressure.
 - Wear protective eyewear in the workplace and during recreational activities.



Optional instructions for the speaker

- Distribute the following handout: *Medicare Benefit Card for Glaucoma*.

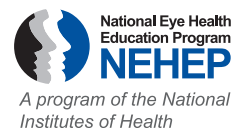




Optional Information

Medicare will help pay for part of the comprehensive dilated eye exam. You are eligible if you:

- Are an African American age 50 and older.
- Are a Hispanic/Latino age 65 and older.
- Have diabetes.
- Have a family history of glaucoma.



Slide 19

What should you remember?

- Glaucoma:
 - Often has no symptoms.
 - Can result in vision loss or blindness.
- Only an eye care professional can diagnose glaucoma.
- Vision loss from glaucoma cannot be restored.

My eye care professional told me my eye pressure is fine.



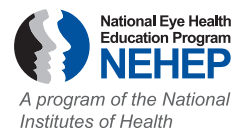
I am glad to hear that! This means you can keep coaching your son's football team!



Text for the speaker

You should remember the following:

- Glaucoma has no warning signs.
- Glaucoma can result in vision loss or blindness.
- You should visit your eye care professional and ask for a comprehensive dilated eye exam. This exam helps detect glaucoma.
- Vision loss from glaucoma cannot be restored.
- Early detection and treatment can protect your vision.



Slide 20

What are your next steps?

- Find out if you have a family history of glaucoma.
- Schedule your comprehensive dilated eye exam.
- Learn about the Medicare benefit that can help pay for part of an exam. Visit: www.nei.nih.gov/Medicare.



Text for the speaker

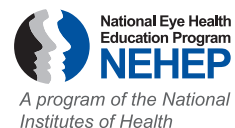
What are your next steps?

- Ask your family members if they have glaucoma and share the information you learned today. Encourage them to get a comprehensive dilated eye exam.
- Schedule a comprehensive dilated eye exam if you haven't had one. Get the exam every one to two years if you are at higher risk of glaucoma.
- Learn about the Medicare benefit that can help pay for an exam if you:
 - Have diabetes
 - Have a family history of glaucoma
 - Are African American age 50 or older
 - Are Hispanic age 65 or older



Optional instructions for the speaker

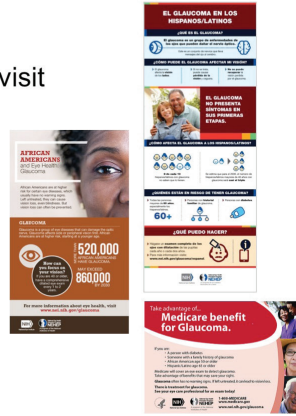
- Provide the names of eye care professionals in the area who offer comprehensive dilated eye exams.



Slide 21

How can you help your family and friends?

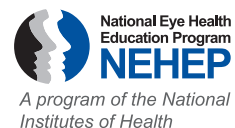
- Spread the word!
- Encourage other people to visit their eye care professional.
- Tell them to ask for a comprehensive dilated eye exam.



Text for the speaker

Here are some tips to help your family members and friends:

- Spread the word! Tell them about the importance of early detection of glaucoma.
- Encourage those at risk for glaucoma to visit an eye care professional.
- Tell them to ask for a comprehensive dilated eye exam.



Slide 22



Text for the speaker

Does anyone have any questions about the information presented today?

- Please remember to ask your eye care professional about any changes to your vision and other eye conditions.



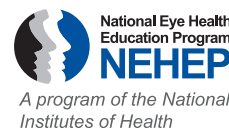
Refer to these frequently asked questions about glaucoma.

Can I have 20/20 vision and still have glaucoma?

- Yes, glaucoma usually affects the side vision first, and even people with very advanced glaucoma can have 20/20 vision. In fact, you can be legally blind, with 20/20 vision, if your side vision is very constricted.

Do glasses help treat glaucoma?

- No, glasses do not help treat glaucoma.



How do the eye drops help the pressure in my eye?

- Eye drop medications work to lower the eye pressure by decreasing how much fluid the eye makes or by helping the eye to drain fluid better. They only work while the patient is using them, which means that it is really important for people with glaucoma to take their eye drop medications on schedule, every day, to help preserve vision.

Can younger people get glaucoma?

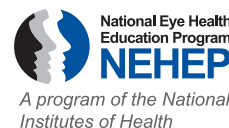
- Yes. Although the most common types of glaucoma (primary open-angle glaucoma and angle-closure glaucoma) usually occur in older people. There are less common types of glaucoma that happen in babies, children, and young adults (congenital glaucoma and juvenile open-angle glaucoma).

Is there a certain diet, vitamin, or exercise regimen that can prevent glaucoma?

- No, there is no special diet or exercise that can prevent glaucoma. People get glaucoma because of other pre-existing risk factors, including ethnicity, age, family history, and other medical conditions.

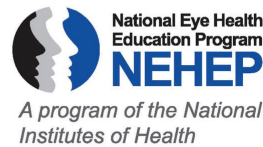
What's the difference between glaucoma and cataracts?

- Both glaucoma and cataracts happen more often with older age.
- A cataract is when the natural lens inside the eye becomes cloudy and blocks the light coming into the eye; cataracts are treated with glasses and can be cured with surgery. Vision loss from cataracts improves after cataract surgery.
- Glaucoma is a disease of the optic nerve, and patients with glaucoma often lose side vision without noticing. Glaucoma is treated with eye drops and/or surgery. Glaucoma treatment can control the disease, but it does not improve vision or reverse the nerve damage that has already occurred.



Slide 23

Where can you get more information?



www.nei.nih.gov/glaucoma



Text for the speaker

Thank you for your participation in today's presentation.

- On behalf of the National Eye Health Education Program and [name of your organization], I would like to thank you for attending this presentation.
- For more information on glaucoma, please visit the NEHEP website.



Point to the URL on the slide while you read the following text:

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On this page, you will find the following:

- Videos and tips for keeping your eyes healthy.
- More information about glaucoma.
- Free materials available to order and download.

